

ADULT CLASSES/FIFTY-FIVE and BETTER PROGRAMS

Adult Tennis Classes

\$80/4 wks.
(\$90/Non-Resident)

This program is designed to enhance the playing ability of adults 18 and over who may or may not have previous tennis experience. We use instructional games to develop strategies, improve technique and provide the skills that will make tennis FUN. Racquets available. **This class is held at Reid Park. Instructor: FUNDamental Tennis with Scott Harris and Cesar Quintero**

Code	Level	Ages	Dates	Day	Time
3006.101	Beg.	18+	June 2 - June 25	MW	6 - 7 p.m.
3006.102	Beg.	18+	June 30 - July 23	MW	6 - 7 p.m.
3006.103	Beg.	18+	July 28 - Aug. 20	MW	6 - 7 p.m.
3006.104	Beg.	18+	Aug. 25 - Sept. 17	MW	6 - 7 p.m.
3006.105	Int.	18+	June 2 - June 25	MW	7 - 8 p.m.
3006.106	Int.	18+	June 30 - July 23	MW	7 - 8 p.m.
3006.107	Int.	18+	July 28 - Aug. 20	MW	7 - 8 p.m.
3006.108	Int.	18+	Aug. 25 - Sept. 17	MW	7 - 8 p.m.

\$40/4 wks. (\$50/Non-Resident)

Code	Level	Ages	Dates	Day	Time
3006.109	All	18+	June 6 - June 27	F	7 - 8 p.m.
3006.110	All	18+	July 11 - Aug. 1	F	7 - 8 p.m.
3006.111	All	18+	Aug. 8 - Aug. 29	F	7 - 8 p.m.
3006.112	All	18+	Sept. 5 - Sept. 26	F	7 - 8 p.m.

Tennis Classes

\$80/4 wks.
(\$90/Non-Resident)

Get introduced to tennis in a fun and exciting way. Develop your hand-eye coordination along with movement skills to prepare for high school and USTA teams, competitions, and junior tournaments. Tennis fundamentals are taught through lots of games. Racquets available. Class size is limited to 16 (2 courts). **Class is held at Shamel Park. Instructor: Tom Rodda and Herb Bartel in the evening.**

Code	Level	Ages	Dates	Day	Time
1153.101	Beg.	18+	June 24 - July 17	TTH	6:30 - 7:30 p.m.
1153.102	Beg.	18+	July 29 - Aug. 21	TTH	6:30 - 7:30 p.m.
1153.103	Beg.	18+	Sept. 16 - Oct. 9	TTH	6:30 - 7:30 p.m.
1153.104	Beg.	18+	Oct. 21 - Nov. 13	TTH	6:30 - 7:30 p.m.
1154.101	Int.	18+	June 24 - July 17	TTH	7:30 - 8:30 p.m.
1154.102	Int.	18+	July 29 - Aug. 21	TTH	7:30 - 8:30 p.m.
1154.103	Int.	18+	Sept. 16 - Oct. 9	TTH	7:30 - 8:30 p.m.
1154.104	Int.	18+	Oct. 21 - Nov. 13	TTH	7:30 - 8:30 p.m.

Fitness Boot Camp



\$250/4 wks.
(\$260/Non-Resident)

Lose an average of 6 inches off of your waist in four weeks. All fitness levels, beginner to advanced are welcome. The course includes nutritional guidance, stretching and exercise coaching. Limited class size. **This class is held at USKO, 6794 Brockton Avenue. Instructor: USKO Staff**

Code	Ages	Date	Day	Time
3808.101	18+	June 2 - 27	MWF	6 - 7 a.m.
3808.102	18+	July 1 - 25	MWF	6 - 7 a.m.
3808.103	18+	Aug. 4 - 29	MWF	6 - 7 a.m.

Learn How to Eat Healthy



\$100/4 wks.
(\$110/Non-Resident)

Find out exactly how many calories you burn in a day. Free Metabolic Testing (\$50 value) is available. Learn how and what foods are good for you from experienced Nutrition Coaches. The course includes food journaling, myth busting, recipes and cardio workout routines. **This class is held at USKO, 6794 Brockton Avenue. Instructor: USKO Staff**

Code	Ages	Date	Day	Time
3809.101	18+	June 3 - 24	T	7 - 8 p.m.
3809.102	18+	July 1 - 22	T	7 - 8 p.m.
3809.103	18+	Aug. 5 - 26	T	7 - 8 p.m.

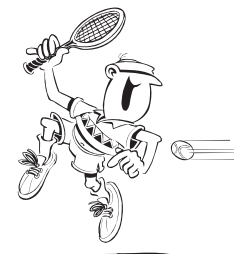
FIFTY-FIVE & BETTER

Work is done-- now it is time for fun. Join us for our new and exciting Better after 55 programs for the young at heart. It is fun, exciting and the benefits are endless. Make new friends, live healthier, and make the most of life. To register contact Dales Senior Center at 826.5303, unless otherwise indicated. For details on senior programming, please visit www.riversideca.gov/park_rec.

Senior Programs

Senior activities and programs are offered at the listed locations. The programs for seniors include a variety of recreational activities and services.

Activity	Park	Days	Time
Senior Fitness & Swim	Bobby Bonds Park	MW	9 a.m. - 10:30 a.m.
Senior Fitness	Bordwell Park	TTH	9 a.m. - 10 a.m.
Bingo	Bordwell Park	TH	Noon - 2 p.m.
	Fairmount Park	M-F	9 a.m. - Noon
Bingo	Hunt Park	MW	9 a.m. - 10:30 a.m.
Riverside Walkers	Hunt Park	T - TH	10 a.m. - 11 a.m.
Sewing Class	La Sierra Park	T	10 a.m. - Noon
Crochet Club	La Sierra Park	TH	10 a.m. - 12 p.m.
Arts and Crafts	La Sierra Park	TH	11 a.m. - 12:30 p.m.
Health Education Workshop	La Sierra Park	F	10 a.m. - 11 a.m.
Armchair Aerobics	Nichols Park	TTH	9:30 - 10:15 a.m.
Senior Walking Program	Nichols Park	TTH	10:15 - 11 a.m.
Exercise	Villegas Park	M - F	9 a.m. - Noon
	White Park	M - F	9 a.m. - 3 p.m.



FIFTY-FIVE and BETTER Programs

Fifty-Five and Better Programs



Join us every Wednesday at 11:30 a.m. for the latest movie releases and popcorn. Movies vary from week to week. Film suggestions are welcome.

Class Name	Date	Time	Location
Billiards	M	9 a.m. — Noon	Bordwell Park
Senior Fitness	TTH	9 a.m. — 10 a.m.	Bordwell Park
Movies	W	11:30 a.m.	Bordwell Park
Tai Chi	TH	10:30 — 11:30 a.m.	Dales Senior Center
Yoga	T	9 a.m. — 10 a.m.	Dales Senior Center
Yoga	TH	1:15 — 2:15 p.m.	Dales Senior Center
Movies	W	1:00 p.m.	Dales Senior Center
Mixed Media Art	W	9 a.m. — 11 a.m.	Dales Senior Center
Spanish-Beginning	M	2 — 3 p.m.	Dales Senior Center
Spanish-Beginning	TH	Noon — 1 p.m.	Dales Senior Center
Scrapbooking	W	1:30 — 2:30 p.m.	Dales Senior Center
Life Fitness Program	MW	11 a.m. — Noon	Dales Senior Center
ALIVE Fitness Riverside Walkers	MW	Noon — 12:30 p.m.	Dales Senior Center
Silver Sneaker Club	MTH	9 a.m. — 9:30 a.m.	Dales Senior Center
Line Dancing	F	10 a.m. — 11 a.m.	Dales Senior Center
Wood Carving	TH		Reid Park
Tai Chi	M	10 a.m. — 11 a.m.	Reid Park
Senior Lap Swim	TWTH	Noon — 1 p.m.	Shamel Park Pool
Senior Aqua Fitness	TH	Noon — 1 p.m.	Shamel Park Pool

SENIOR SPECIAL EVENTS

Celebrate in style with the Dales Senior Center! Here you'll find food, friends, and fun with each holiday on the designated Wednesday from 11 a.m. to 1 p.m. There is a \$2 suggested donation.

4th of July Independence Day	Wednesday, July 9
Hawaiian Aloha Party	Wednesday, August 13
Country Hoedown	Wednesday, September 17
Senior Prom (3017.101)	

Join us for the Senior Prom on Friday, June 13 at the beautiful Lakeside Room at Stewarts Boathouse from 6 — 9 p.m. Contact Dales Senior Center at 826.5303 for more information. **Cost is \$15 per person.**

Summer Time Fun \$3 per person

July Jazz and Java Night - "A Little on the Side"

Day	Date	Time	Location
F	July 25	6:30 - 8:30 p.m.	Dales Senior Center

August Country Ice Cream Social - "Better Days Band"

Day	Month	Time	Location
F	August 22	6:30 - 8:30 p.m.	Dales Senior Center

EXCURSIONS AND TRAVEL

Per City policy, release of liability waivers and emergency contact information are required for each individual attending at time of registration.

Space is limited to the first 45 participants so register early!

Thursday, May 15 **\$62 per person**
Palm Springs Follies "Tin Pan Alley" (cost of lunch not included)
 10:30 a.m. — 5:30 p.m. (3319.301)

Saturday, June 7 **\$26 per person**
Theatrical Performance (3296.301)
"Thoroughly Modern Millie"
 12:30 — 5:30 p.m.

Thursday, July 10 **\$30 per person**
Balboa Cruise, Lunch and Rogers Gardens (cost of lunch not included)
 10:30 a.m. — 4:30 p.m. (3812.101)

Thursday, July 24 **\$69 per person**
Welk's Dinner Theater - "The King and I" (cost of dinner included)
 8:45 a.m. — 6 p.m. (3813.101)

Wednesday, August 6 **\$65 per person**
Laguna Beach "Pageant of the Masters" (cost of lunch not included)
 3:30 — 10:30 p.m. (3814.101)

Wednesday, August 20 **\$30 per person**
Mission San Juan Capistrano & Dana Point (cost of lunch not included)
 8:45 a.m. — 5 p.m. (3815.101)

Saturday, September 20 **Cost is TBA**
Julian Blue Grass Festival (3816.101)
 7:30 a.m. — 6 p.m.

SPECIAL TRANSPORTATION

(For Seniors and Disabled Individuals)

For more information, please call 687-8080

The minibus is a citywide, Dial-A-Ride service, available to persons with disabilities and seniors unable to use the RTA route buses. It is available **Monday-Friday 8 a.m. - 6 p.m., and on Saturday and Sunday from 9 a.m. - 4 p.m.** The fare is \$2 each way. To reserve a ride, call 687.8080. If you wish to purchase a 20-ride punch ticket by mail, please send a \$40 check or money order made payable to the City of Riverside, PRCSO to: Special Transportation, 8095 Lincoln Avenue, Building #A, Riverside, CA 92504. Special priority service is available for those persons eligible under the Americans with Disabilities Act of 1990. **For more information, please call 687-8080.**



FIFTY-FIVE and BETTER Programs

Additional Fifty-Five and Better Programming

- **Senior Legal Assistance**

For questions please contact 888.455.4257

- **“You Are Not Alone” - Y.A.N.A.**

For any questions, please contact Nancy Castillo at 826.5674 or email ncast@riversideca.gov.

Dales Senior Center offers special events such as seasonal parties, dances, potlucks, and guest speakers. For additional information and to receive a copy of the bi-monthly newsletter, Facts N Fun, (which includes all programs and activities), please call 826.5303.

- **Health Insurance Counseling and Advocacy Program - HICAP**

For an appointment, contact 800.434.0222

- **Information and Referral**

- **Janet Goeske Senior Citizens/Handicapped Center**

Pick up a free monthly calendar at the center or for more information, please call 351.8801.

SENIOR NUTRITION

The County of Riverside Office on Aging offers a Senior Nutrition Program mid-day at four sites throughout the city of Riverside. For more information, please call 800.510.1020, or a community center listed below (24 hour pre-order is required.)

Center	Park	Phone	Days	Time
Ruth Lewis Center	Reid Park	826.5654	M - F	11:30 a.m.
Janet Goeske Center	Janet Goeske Center	351.8801	M - F	11:30 a.m.
Stratton Center	Bordwell Park	826.5355	M - F	11:30 a.m.
Ysmael Villegas Community Center	Villegas Park	351.6142	MF	11:30 a.m.

VOLUNTEER OPPORTUNITIES



VOLUNTEERS NEEDED FOR ACTIVITIES!

The City of Riverside Parks, Recreation and Community Services Department is seeking volunteers to assist with recreational and park maintenance activities. If you would like to become a volunteer, please contact the City of Riverside Parks, Recreation and Community Services Department at 826.2000, Monday-Friday, from 8 a.m. - 5 p.m., or simply return the form below.

BECOME A VOLUNTEER for the City of Riverside Parks, Recreation and Community Services Department!

Please check the areas in which you are interested:

☐ Community Center

(Please indicate)

☐ Neighborhood Park

(Please indicate)

☐ Clerical Assistance

☐ Computers

☐ Disabled Programs

☐ Fitness/Exercise

☐ Mentorship

☐ Park Maintenance

☐ Park Hosts

☐ Park Trails

☐ Special Events

☐ Senior Programs

☐ Tutoring

☐ Youth Sports Coach

☐ Teen Programs

☐ Other

Please provide the following information:

First Name: _____

Last Name: _____

Address: _____

City _____ Zip: _____

Phone Number: (_____) _____

E-mail Address: _____

____ Your Age Group: ____ Adult ____ Youth (16-17 years of age)

Comments: _____

Please mail this form to:

**City of Riverside Parks, Recreation and
Community Services Department
Attn: Volunteer Program
3900 Main Street, Riverside, CA 92522**

Thank you, we will be in contact with you soon!